



# October Tip of the Month



## Are you ready for that **SCARY** Disaster!

Here it is, the month of October, and with it comes a change of the seasons. It's time to make sure you are prepared for the worst (zombie apocalypse) or the anticipated (winter storm).

So what do you need to do before the ghosts and goblins arrive...**or the earthquake or the flu epidemic?** You should have an emergency kit in your house. This includes things like water, food, wooden stakes, and other supplies to get you through the first days following a disaster (5-7) before you may need to seek safer refuge. This little bit of preparedness will buy you some time until you are able to make your way to a shelter or until utility lines are restored.

1. What should you plan for? Floods, windstorms, snow, power outages, or earthquakes.
2. Keep your kit in a handy place. Have one in the car too and at work or school!
3. Pick a meeting place and have a strategy for your family to regroup if you have to leave suddenly or can't return home just yet. And don't forget to establish an out of area contact!
4. Create a plan! When zombies are hungry they won't stop until they get food (i.e., brains), which means you need to be prepared!

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October 16, 2014

**Shake Out**

[www.ShakeOut.org](http://www.ShakeOut.org)

**Don't forget to register for the Washington ShakeOut at [www.ShakeOut.org](http://www.ShakeOut.org)**

For more preparedness tips and plans please visit our website at  
[www.kitsapdem.org](http://www.kitsapdem.org)